



THE CITY OF SAN DIEGO
PARK AND RECREATION DEPARTMENT

THERAPEUTIC RECREATION SERVICES

"We enrich lives through quality parks and programs"

Winter

JANUARY / FEBRUARY / MARCH
2005



(619) 525-8247
(TDD) (619) 525-8249
(FAX) (619) 299-9304
e-mail: prdsp@sandiego.gov
Visit our Website at:
www.sandiego.gov/park-and-recreation/activities/dsa.shtml



The City of San Diego Park and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists work with participants on social and recreational skill development, appropriate behavior, increased independence, leisure education, and recreation participation in inclusive environments

STAFF

Kathy Aceves, M.S., RTC, CTRS
Program Manager

Marla Knox, RTC, CTRS
Supervising Recreation Specialist

Ken Rundle, MBA, CTRS
Supervising Recreation Specialist

Jessica Battaglia, CTRS
Supervising Recreation Specialist

Inclusion Coordinator

Rose Caldwell, CTRS

Recreation Specialist/
Volunteer Coordinator

Julie Gregg

Recreation Specialist/Children
and Teen Programs

Connie Hegey

Recreation Specialist/People in
Recovery Programs

Scott Krause

Recreation Specialist/
Adaptive Sports Programs

Leslie Robinson

OCA Recreation Specialist/
Action Seekers Program/
Independent Club Program

Marie Wiggins

Recreation Specialist/
Leisure Seekers Programs

Karl Kramer

Clerical Assistant II

Recreation Leaders

Mary Brooks	Kelly Levens
Kim Brown	Ken Luke
Shannon Bullock	Eric Neitzel
Everett Despirito	Bernadette Parin
Lauren DiFazio	Cheryl Pawlak
Danielle Hernandez	Kimy Potter
Mary Alice Hillier	Leslie Robinson
Jorja Jankowski	Austin Snyder
Larry Keough	Ken Trigueiro
Demetria Johnson-King	

DSAC CORNER

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested persons. Meetings are held on the 2nd Wednesday evening of each month, at 6:30 p.m. in Room 1 at the War Memorial Building. Please call Kathy Aceves at (619) 525-8247 for more information.

FINANCIAL SUPPORTERS

Disabled Services Advisory Council wishes to thank the many sponsors who contribute thousands of dollars in donations and in-kind services annually. Contributions go directly to Therapeutic Recreation Services for camperships, scholarships, equipment, supplies, bus transportation for field trips, volunteer recognition, inclusion support, and many other needs.

Our contributors are too numerous to mention, but special thanks goes to Torrey Pines Kiwanis Foundation, San Diego Friends of Park and Recreation Foundation, MADCAPS, OMBAC, San Diego Foundation Hervey Family Trust, Kids Included Together (KIT), Sycuan Casino, Viejas Casino, Challenged Athletes Foundation, Mentor, Cal Diego PVA, La Mesa Firefighters, San Diego Firefighters Local 145, Thursday Club Foundation, Bialis Foundation, McMillan Promotions, Inc., and Vycera for their substantial donations.

The City budget funds staff and administrative costs of operating the program, so we are dependent upon the generosity of our donors to continue offering our quality programs. DSAC is a 501(c)(3) non-profit organization, so all donations are tax deductible as allowed by law. Keep us in mind for those last minute donations before tax time!

INCLUSION, WE CAN ALL PLAY TOGETHER!

*The City of San Diego Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Jessica Battaglia, CTRS, Inclusion Coordinator, (619) 525-8248 as soon as you know the dates. **(We need a minimum of three weeks prior notice).** After registration, an assessment will be given to determine participant's needs.*

HOLIDAY CARNIVAL

The holiday spirit was in full swing on Friday, December 3rd as staff and volunteers began setting up and decorating for the 22nd annual Holiday Carnival the next day. The sun was shining in a cloudless sky as the final touches were added. Staff were gearing up for a huge crowd and lots of merriment! Saturday morning, December 4th, was a different story. Dark clouds hovered, intermittent rain fell, and it was cold! But that did not dampen the spirits of the staff and 200+ volunteers as they set up the booths and rides outside. The show must go on! Although the crowd was smaller than usual, the hearty souls who braved the elements had a great time. The auditorium was rocking with non-stop performances by the San Diego Park and Recreation Cultural Arts Dancers, Suzi's Rhinestone Cowboys, the Booster Buddies, the Independent Club, and Marissa's Dance Studio. The ever popular sno-cone booth was a bust this year, but hot chocolate was in demand. Holiday Carnival is our biggest event and we could never do it without the hard work and support of our volunteers, entertainers, and donors. Many thanks to everyone for their tremendous contributions of time, energy and talent! Thanks also to those of you who came out to kick off the holiday season with us. Happy New Year!

LAST CALL FOR DISNEYLAND

January 10th, 2005 is the deadline to pay for tickets! Disneyland's Community Involvement Program offers 1-day/1-park tickets to guests with disabilities at a cost of \$21 each, with complimentary parking included. Tickets are valid any Sunday through Thursday, February 13-March 10, 2005, (**excludes** Sunday, February 20 and Monday, February 21), and must be ordered from participating agencies (like us). Once we receive the tickets from Disneyland, **you must come in person to the office to pick up your tickets.** We do not mail out any tickets. Please make checks payable to DSAC and mail or bring to the address listed on the front of this calendar. Call our office at (619) 525-8247 for questions or more information.

STAFF CHANGES

The new year will be bringing some changes to staff assignments. Kristi Fenick, who has done a wonderful job coordinating programs for the Leisure Seekers and Independent Club, has accepted a full-time position in the Park and Recreation Department's Senior Citizens Services. This is a great career opportunity for Kristi to expand existing services and develop new programs for the seniors. Of course, she will be greatly missed here at TRS. Her contributions over the past 10 years have been significant, and her efforts have personally touched the lives of hundreds of participants. The good news is that TRS works very closely with the Seniors program and Kristi is looking forward to collaborating on trips and other activities. We wish Kristi the best in this new endeavor! Marie Wiggins will be coordinating programs for the Leisure Seekers population. She is looking forward to the new challenge and has some great ideas. Leslie Robinson will take over coordination of programs for the Action Seekers and Independent Club, in an out-of-class assignment until a new Recreation Specialist can be hired. Leslie has been with the program for almost 30 years, has extensive experience with the population group, and is excited to be taking over. Staff are all working together to make the transition as smooth as possible for our clientele. Thanks everyone for your support during this time.

GUACAMOLE BOWL

TRS and Special Olympics are co-sponsoring the 2nd annual Guacamole Cook-Off, Saturday, March 12, 2005, at the Balboa Park Club. Come taste the best guacamole this side of the border, prepared by San Diego's finest police and fire personnel. It's a festive day of fun and entertainment for the whole family. For more information, call Special Olympics at (619) 283-6100.



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SCHEDULE OF EVENTS

**YOU MUST CALL THERAPEUTIC RECREATION SERVICES OFFICE TO REGISTER
FOR ALL PROGRAMS (TELEPHONE 619-525-8247, TDD 619-525-8249)**

In the event of last minute cancellations (less than 48 hours notice) you will be required to pay the program fee, if program costs are not met. Also, be sure participants are picked up on time. A late fee of \$5.00/15 minutes will be assessed after the first 15 minutes

ALL

ALL: All ages and all individuals; any disability

ALL TEENS/ADULTS: Ages 13 and over, with any disability.

TANDEM BIKE RIDE

We meet one Saturday a month at various sites. Tandem bikes, helmets, and water are provided. Meet at the site at 10:30 a.m. or at the War Memorial Building by 10:00 a.m. to carpool (van space is limited, sign up early). **Bring a lunch and let us know where you'll meet us, when you sign up.**

Leader: Connie Hegey Cost: \$1.00
10:00 a.m. to 1:30 p.m.

Saturday, January 8 (Lake Miramar), February 5
(Santee Lakes), March 12 (Lake Murray)

STARS ON ICE

Join us at the San Diego Sports Arena to see Olympic champions perform on ice. Meet in front of Krispy Kreme Donuts (3570 Sports Arena Blvd.). Bring extra money for dinner or snacks. **Sign up as soon as possible, money is due by Friday, January 7th.**

Leader: Julie Gregg Cost: \$12.00
Friday, January 14 6:45-9:45 p.m.

FALL LEAGUE BOWLING BANQUET

Let's celebrate the end of this season's Strike Force Bowling League at Filipi's Pizza Grotto., 5353 Kearny Villa Road.. **Sign up by Wednesday, January 19.** Leader: Marie Wiggins

Participants free. Cost: \$10.00 for guest
Saturday, January 22 11:00 a.m. – 1:30 p.m.

VALENTINE'S DANCE

Enjoy the afternoon dancing with friends at the Balboa Park Club (2150 Pan American Way). Cost includes lunch and disc jockey entertainment.

Leader: Marie Wiggins Cost: \$3.00
Friday, February 11 11:00 a.m.-2:00 p.m.



VALENTINE'S DANCE

Dress to impress and join us at the War Memorial Building for our annual Valentine's Dance. Cost includes: snacks and disc jockey entertainment. Photos will be available for an additional \$2.00.

Leader: Julie Gregg Cost: \$3.00
Saturday, February 12 7:00-10:00 p.m.

BOWLING LEAGUE

The Spring Strike Force bowling league is starting. Come join us at Kearny Mesa Bowl, 7585 Clairemont Mesa Blvd. Sign up as a team or we can place individual bowlers on a team. This is an independent bowling league. Leader: Scott Krause

Cost: \$45.00 w/t-shirt, \$40.00 w/o shirt
Saturday, 2/12, 2/26, 3/12, 3/19, 4/9, 4/23,
5/14, 5/21 12:30 – 3:00 p.m.

**dates are subject to change.

DISNEYLAND

This is an ALL independent program. Children under 18 years of age must be accompanied by an adult. If you need special assistance, please bring an aide. Bring a sack dinner (nonperishable) to eat on the bus on the way home and money to purchase lunch and souvenirs. RSVP as soon as possible. **Money must be in by January 10, 2005.** Be at the War Memorial Building by 8:00 a.m. SHARP! This activity will happen rain or shine.

Leader: Marie Wiggins Cost: \$25.00 (includes bus)
Tuesday, March 1, 2005 8:00 a.m.-7:00 p.m.

GULLS GAME

Show your support for Therapeutic Recreation Services by attending our 1st annual Gulls Night fundraiser.



See Page 10 for details.

YOUTH INCLUSION ACTIVITIES

TOT/FUN PATROL* (T/F)

This program is designed to instill play and recreation skills, foster socialization, and increase social skills. Activities are designed to meet the cognitive, physical, social, emotional, creative and ethical developmental needs of children ages 3 to 12. Leader: Julie Gregg



BUILD-A-BEAR

Make a new best friend! Come to our build-a-bear party where you can pick out, stuff, dress your own teddy bear and take it home with you. Bring a sack lunch. Meet and pick-up at Build-a-Bear

Workshop at the Fashion Valley Mall, upstairs close to Robinson's May. Cost: \$15.00
Sunday, January 9 12:30-3:00 p.m.

PLAYDAYS

Join your friends for a day of games, crafts and fun. Snacks will be provided. Bring a sack lunch.

Sunday, January 23
Sunday, February 20

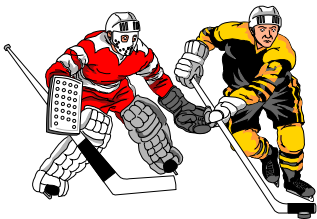


Cost: \$5.00
12:00-3:00 p.m.
12:00-3:00 p.m.

THE BOARDWALK

Join us for a fun-filled day of games, rides, bowling, pizza and more! Please let us know if you would like to do laser tag when you call and sign up. Meet at 1286 Fletcher Parkway, El Cajon, at the side entrance.

Cost: \$10.00
Sunday, February 6 12:00-3:00 p.m.



GULLS GAME

Bring the whole family and show your support for Therapeutic Recreation Services by attending our 1st Annual

Gulls Night fundraiser. Half of every ticket sold goes to support programs for people with disabilities. Call the office to get more information and to purchase tickets. **Please note:** No direct supervision will be provided. See enclosed flyer for more details.

Cost: \$12.00
Saturday, March 5 6:30-9:30 p.m.

TOT/FUN CAMP

We will be co-sponsoring one week of day camp at Tierrasanta Recreation Center during Spring Break. Friends and siblings are welcome. Cost includes field trip. Space is limited.

Cost: \$115.00

Monday, March 21 to
Friday, March 25

9:00 a.m.-4:00 p.m.



SPACE MUSEUM

Come explore Balboa Park's Space and Science Museum. We will do experiments, learn about science and see an IMax movie. Meet and pick-up in front of the Reuben H. Fleet Space and Science Theater in Balboa Park. Bring a sack lunch.

Cost: \$7.00
Sunday, April 3 12:00-3:00 p.m.

Please Note:

First-time participants must be accompanied by an adult for Tot/Fun Activities

INCLUSION, WE CAN ALL PLAY TOGETHER!

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Again, we would like to thank our partner, KIT (Kids Included Together) for their third year of donation and support.

TEEN PROGRAM ACTIVITIES

TEENS*

The Teen Program is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs for teens ages 13 to 19. Leader: Julie Gregg

YOUNG ADULT CLUB

Young adults (18-30) are welcome to take part in TEEN activities as members of our Young Adult Club.



THE BOARDWALK

Join us for food, games, laser tag and more! Meet at 1286 Fletcher Parkway, El Cajon, at the side entrance. Dinner will be provided.

Cost: \$10.00

6:00-9:00 p.m.

Friday, February 25

STARS ON ICE



Come see Olympic champions perform on ice at this special performance. Meet at Krispy Kreme Donuts at the Sports Arena. Bring extra money for dinner or snacks. **Payment due by Friday, January 7.** Please note: You will not receive a ticket if payment is not received by January 7. Cost: \$12.00

Friday, January 14

6:45-9:45 p.m.

CERAMICS AND FUDDRUCKERS



Meet at Fuddruckers, 5500 Grossmont Center. We will have dinner and then walk to the Ceramic Café to paint our own ceramic masterpiece. Bring extra money for dinner (approximately \$6 to \$10). Cost: \$10.00

Friday, January 28

6:00-9:00 p.m.

VALENTINE'S DANCE



Dress to impress and join us at the War Memorial Building for our annual Valentine's Dance. Cost includes snacks and disc jockey entertainment. Photos will be available for an additional \$2.00.

Cost: \$3.00

Saturday, February 12

7:00-10:00 p.m.

GULLS GAME



It's Disco Night with the Gulls! Join the Teen Club and show your support for Therapeutic Recreation Services by attending our 1st annual Gulls Night fundraiser. Half of every ticket sold goes to support programs for people with disabilities. Bring extra money for raffle tickets and dinner. Meet in front of Krispy Kreme Donuts (3570 Sports Arena Blvd.). See advertisement on page 10 for more details.

Cost: \$12.00

Saturday, March 5

Time: 6:30-9:30 p.m.

TEEN CLUB

Come hang-out with your friends at our teen club meeting. We will play games, have dinner and plan future activities. Drop off and pick up at the War Memorial Building.

Cost: \$5.00

Friday, March 18

6:00-8:30 p.m.

*PLEASE NOTE:




First-time participants must be accompanied by an adult for Teen Activities.

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Calendar Key: AS =Action Seekers BPC =Balboa Park Club CAC =Creative Arts Consortium	CONT =Contract Classes IND =Independent Club KMB =Kearny Mesa Bowl LS =Leisure Seekers	MBP =Mission Bay Park NCPS =North Crown Point Shores PH =Sports PIR =People in Recovery	RG =Recovery Games T/F =Tot/Fun TN =Teen WMB =War Memorial Building			1 
2	3	4 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	5 CAC Creative Writing, WMB, 1-2:30 p.m.	6 LS New Year's Dinner 3:30-5:30 p.m., WMB	7 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB AS Rec Night 6-8:30 p.m., Carm. Mtn. Rec. IND Club Meeting 6:30-9 p.m., WMB	8 ALL Bowling 12:30-3 p.m., KMB ALL Tandem 10 a.m.-1:30 p.m., Lake Miramar CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec.
9 T/F Build-A-Bear 1-3 p.m., Fashion Valley	10 	11 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	12 LS Zoo, 10 a.m. Meet at WMB CAC Creative Writing, WMB, 1-2:30 p.m. DSAC Meeting 6:30 p.m., WMB	13	14 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB ALL/IND/TN Stars on Ice 6:45-9:45 p.m., Sports Arena Krispy Kreme PIR Dance 7-11 p.m., WMB	15 CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
16	17 MARTIN LUTHER KING DAY HOLIDAY Office Closed	18 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	19 PIR Staff Training, WMB, 8 a.m.-2 p.m. CAC Creative Writing, WMB, 1-2:30 p.m. Volunteer Tng. 4:30-8:30 p.m., WMB	20 PH Handcycle Assessment 6-8 p.m., WMB	21 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB AS Rec Night 6-8:30 p.m. N. Clairemont Rec.	22 Bowling Banquet 11 a.m.-1:30 p.m., Filippi's Pizza CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
23 T/F Playday 12-3 p.m., WMB	24	25 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	26 LS Fun & Fitness Banquet 10 a.m.-12:30 p.m. Hometown Buffet CAC Creative Writing, WMB, 1-2:30 p.m.	27 	28 ALL Big Bear Ski Trip 5 a.m.-8 p.m., WMB CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB TN Ceramics and Fuddruckers 6-9 p.m., Grossmont Center PIR Fun 6-9 p.m.	29 PH Handcycling 8-11 a.m. NCPS CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec LS S.D. Sockers 7 p.m., Sports Arena

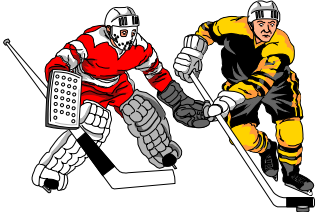


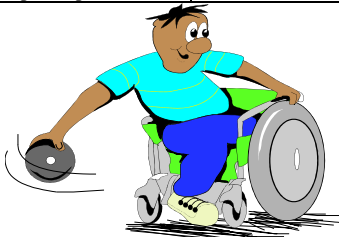
2005

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	2 CAC Creative Writing, WMB, 1-2:30 p.m.	3 LS Games and Dinner 3:30-5:30 p.m., WMB	4 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB AS Rec Night 6-8:30 p.m., Carm. Mtn. Rec. IND Club Meeting 6:30-9 p.m., WMB	5 ALL Tandem 10 a.m.-1:30 p.m., Santee Lakes CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
6 T/F Boardwalk 12-3 p.m., El Cajon	7	8 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	9 CAC Creative Writing, WMB, 1-2:30 p.m. DSAC Meeting 6:30 p.m., WMB	10	11 ALL Valentine's Dance, BPC 11 a.m.-2 p.m. CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB PIR Valentine's Dance, 7-11 p.m., WMB	12 PH Handcycling 8-11 a.m., Centennial Park ALL: Bowling 12:30-3 p.m., KMB CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec ALL Valentine's Dance, WMB, 7-10 p.m.
13	14 	15 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	16 LS SeaWorld 10 a.m., SeaWorld CAC Creative Writing, WMB, 1-2:30 p.m.	17	18 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB AS Rec Night 6-8:30 p.m. N. Claremont Rec.	19 PH Handcycling 8-11 a.m., De Anza Cove CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
20 T/F Playday 12-3 p.m., WMB	21 PRESIDENT'S DAY HOLIDAY Office Closed	22 CONT Dance Team Carmel. Mountain Rec., 4:45-6:15 p.m.	23 CAC Creative Writing, WMB, 1-2:30 p.m.	24 IND Price is Right 7 a.m.-6 p.m., WMB	25 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB TN Boardwalk 6-9 p.m., El Cajon	26 PH Handcycling 8-11 a.m., Silver Strand ALL: Bowling 12:30-3 p.m., KMB RG Table Tennis 9 a.m.-1p.m., Activity Center CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
27 LS Gulls Game 7 p.m., Sports Arena	28					

2005

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 ALL Disneyland 8 a.m.-7 p.m., WMB CONT Dance Team, Carm. Mtn. Rec, 4:45-6:15 p.m.	2 LS Softball 10 a.m.-1 p.m., Morley Field CAC Creative Writing, WMB, 1-2:30 p.m.	3 LS Bingo/Dinner 3:30-5:30 p.m., WMB	4 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB AS Rec Night 6-8:30 p.m., Carm. Mtn. Rec.	5 CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec TRS Fundraiser - Gulls Game 6:30-9:30 p.m., Sports Arena
6 PIR RG Horseshoes 9 a.m.-5 p.m. Balboa Park Horseshoe Club	7 Hammer Ski Trip 5:30 a.m.-8 p.m., WMB 	8 CONT Dance Team, Carm. Mtn. Rec, 4:45-6:15 p.m.	9 CAC Creative Writing, WMB, 1-2:30 p.m. DSAC Meeting 6:30 p.m., WMB	10	11 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB LS S.D. Sockers 7 p.m., Sports Arena	12 PH Handcycling 8-11 a.m. MBP ALL Tandem 10 a.m.-1:30 p.m., Lake Murray ALL: Bowling 12:30-3 p.m., KMB CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
13	14	15 CONT Dance Team, Carm. Mtn. Rec, 4:45-6:15 p.m.	16 Hammer Ski Trip 5:30 a.m.-8 p.m., WMB LS Softball 10 a.m.-1 p.m., Morley Field CAC Creative Writing, WMB, 1-2:30 p.m.	17 LS Planning Meeting, WMB 3:30-5 p.m.	18 CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB AS Rec Night 6-8:30 p.m. N. Clairemont Rec. TN Club 6-8:30 p.m., WMB	19 PH Handcycling 8-11 a.m., NCPS ALL: Bowling 12:30-3 p.m., KMB CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
20 	21 T/F Camp 9 a.m.-4 p.m. Tierrasanta Rec	22 T/F Camp 9 a.m.-4 p.m. Tierrasanta Rec CONT Dance Team, Carm. Mtn. Rec, 4:45-6:15 p.m.	23 T/F Camp 9 a.m.-4 p.m. Tierrasanta Rec CAC Creative Writing, WMB, 1-2:30 p.m.	24 T/F Camp 9 a.m.-4 p.m. Tierrasanta Rec	25 T/F Camp 9 a.m.-4 p.m. Tierrasanta Rec CAC Performing Arts, 1-2:30 p.m.; Self-Expression, 3-4:30, WMB LS Gulls Game 7 p.m. Sports Arena	26 PIR RG Basketball 9 a.m.-3 p.m., Muni Gym CONT Dance Fever, 5-7 p.m., Carm. Mtn. Rec
27	28	29 CONT Dance Team, Carm. Mtn. Rec, 4:45-6:15 p.m.	30 CAC Creative Writing, WMB, 1-2:30 p.m.	31 CESAR CHAVEZ DAY HOLIDAY Office Closed		

2005



THE CITY OF SAN DIEGO

Therapeutic Recreation Services
and
Disabled Services Advisory Council, Inc. present



Gulls Night Fundraiser!

*Come support our program as you enjoy
a great game against the Fresno Falcons!*

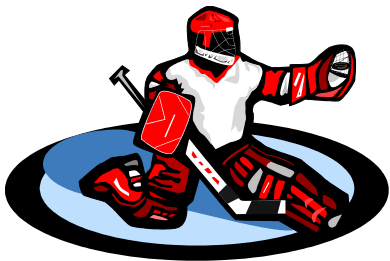
Saturday, March 5, 2005

Game starts at 7:05 p.m.

\$12.00 per game ticket

*A special prize will be awarded to the person who sells the most
game tickets!*

There will be music, fun give-away items, and drawing prizes which include autographed Gulls items, gift certificates, movie tickets, and much more! A \$1.00 donation is requested for drawing tickets.

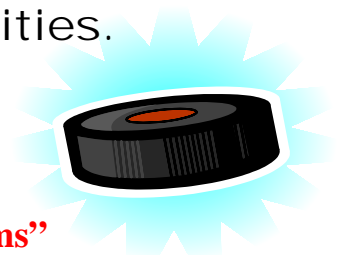


All proceeds directly support
Therapeutic Recreation Services'
programs for people with disabilities.

Get your tickets today by calling
(619)525-8247, TDD (619)525-8249

"We enrich lives through quality parks and programs"

This information available in alternative formats upon request



ADULT ACTIVITIES

(Ages 18 and over)

ACTION SEEKERS (AS)

This is a program designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers. This program supports empowering individuals, who have a developmental disability, ages 18 and older, by promoting independence.

RECREATION NIGHTS

Join us at the following Recreation Centers for a Friday evening of fun, games, crafts, and dinner. We have our yearly planning meeting in January and head out into the community for an outing in March. Cost covers dinner and most activities.

Cost: \$5.00

Carmel Mtn. Rec. Ctr. 10152 Rancho Carmel Dr.
Fridays, 1/7, 2/4, 3/4, 4/1 6:00 - 8:30 p.m.

N. Clairemont Rec. Ctr. 4421 Bannock St.
Fridays, 1/21, 2/18, 3/18 6:00 - 8:30 p.m.

Don't forget to sign up for dances and other programs. See "All" page (page 4).

GULLS GAME

Show your support for Therapeutic Recreation Services by attending our 1st annual Gulls Night fundraiser. Meet in front of Krispy Kreme Donuts (3570 Sports Arena Blvd.). Bring extra money for raffle tickets and dinner. **See advertisement on page 10 for more details.**

Cost: \$12.00

Saturday, March 5 6:30-9:30 p.m.

See you at Special Olympics

Track & Field Meet April 2

CONTRACTUAL CLASSES

DANCE FEVER

Enjoy socializing, snacks and lots of dancing. Meet at Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive, every Saturday from 5:00-7:00 p.m.

Leaders: Susie and Carlos D'Agostino

Cost: \$5.00 for each session.

DANCE TEAM

Meet Tuesday evenings from 4:45-6:15 p.m. at Carmel Mountain Recreation Center, 10152 Rancho Carmel Dr. Instructor: Susie D'Agostino. For more information call (619) 466-4081. Fee payable at the first class of each month. No refunds for missed classes

Cost: \$25.00/month, with fee waiver

\$28.60 S.D. city resident without fee waiver

INDEPENDENT CLUB (IND)

The Club's focus is to promote independence. Members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" at all times. Members are required to attend club meetings on a regular basis in order to attend outings. New members must sign up and attend a club meeting before attending an outing. The Club is for individuals, ages 21 and over, with developmental or learning disabilities or brain injuries. Minimal staffing is provided at club functions.

Leader: Leslie Robinson and Ken Trigueiro.

CLUB MEETINGS

Club meetings are held at the War Memorial Building and include dinner, leisure planning, and socializing. New members are welcome, but **please set up an appointment by calling (619) 525-8247, prior to the Club meeting.** Cost includes dinner, club store items, and activity expenses. January is elections, so come prepared with your speech about why you should be one of the 2005 Independent Club officers. **Register by the Thursday before the meeting.**

Cost: \$6.00

Fridays: 1/7, 2/4, 4/1 6:30 - 9:00 p.m.

STARS ON ICE

Join us at the San Diego Sports Arena to see Olympic champions perform on ice. Meet in front of Krispy Kreme Donuts (3570 Sports Arena Blvd.). Bring extra money for dinner or snacks. **Sign up as soon as possible, money is due by Friday, January 7th.**

Cost: \$12.00

Friday, January 14 6:45-9:45 p.m.

PRICE IS RIGHT

We will depart from and return to the War Memorial Building. Bring a sack lunch or money (about \$8.00). **This program is open to active club members only who regularly attend Independent Club activities. Sign up as soon as possible, money is due by Friday, February 4th.**

Cost: \$10.00

Thursday, February 24 7:00 a.m.-6:00 p.m.

GULLS GAME

Show your support for Therapeutic Recreation Services by attending our 1st annual Gulls night fundraiser. Meet in front of Krispy Kreme Donuts (3570 Sports Arena Blvd.). Bring extra money for raffle tickets and dinner. See enclosed flyer for more details.

Cost: \$12.00

Saturday, March 5 6:30-9:30 p.m.

ADULT ACTIVITIES

LEISURE SEEKERS (LS)

The Leisure Seekers group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals with mental illness or behavioral health disorders. Individuals, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

NEW YEAR'S DINNER

War Memorial Building Cost: \$2.00
Thursday, January 6 3:30-5:30 p.m.

ZOO

Meet in front of War Memorial Bldg. Cost: \$4.00
Wednesday, January 12 10:00 a.m.

FUN & FITNESS CHALLENGE

BANQUET

Hometown Buffet, 390 West Main Street, El Cajon
Cost: \$4.00
Wednesday, January 26 10:00 a.m.-12:30 p.m.

SAN DIEGO SOCKERS

Sports Arena. Cost: Free
Saturday, January 29, Friday, March 11 7:00 p.m.

GAMES AND DINNER

War Memorial Building Cost: \$2.00
Thursday, February 3 3:30-5:30 p.m.

CREATIVE ARTS CONSORTIUM (CAC)

(for adults only)

The Creative Arts Consortium is a nonprofit organization that provides exhibit venues and art and writing classes for persons with mental illness, emotional disorders and/or other disabilities.

CREATIVE WRITING CLASS

Develop your writing skills through poetry, short stories, and journal writing. Instructor: James Eret

Cost: Free

Wednesdays, January 5, 12, 19, 26, February 2, 9, 1, 23, March 2, 9, 16, 23, 30 1:00-2:30 p.m.

Is our mailing list up to date? Check with us in order to keep getting your newsletters.

VALENTINE'S DANCE

Balboa Park Club Cost: \$3.00
Friday, February 11 11:00 a.m.-2:00 p.m.

SEAWORLD

Meet in front of SeaWorld Cost: \$35.00
Wednesday, February 16 10:00 a.m.

SAN DIEGO GULLS HOCKEY

Sports Arena Cost: Free
Sunday February 27, Friday, March 25 7:00 p.m.

SOFTBALL

Morley Field Cost: \$25.00 per team
Wednesdays: 3/2, 3/16, 4/20,
5/18, 6/15 10:00 a.m.-1:00 p.m.

BINGO AND DINNER

War Memorial Building Cost: \$2.00
Thursday, March 3 3:30-5:30 p.m.

GULLS GAME

San Diego Sports Arena Cost: \$12.00
Saturday, March 5 7:05 p.m.

PLANNING MEETING

War Memorial Building Cost: Free
Thursday, March 17 3:30-5:00 p.m.

Please call (619) 525-8247 and ask to receive the *Leisure Seekers Newsletter*

PERFORMING ARTS CLASS

This class provides a way for helping people with mental illness to improve self-esteem. The focus of this class is artistic expression, dramatic reading, role-playing and movement. Instructor: Annie Corrao Cost: Free

Fridays, January 7, 14, 21, 28, February 4, 11, 18, 25,
March 4, 11, 18, 25 1:00-2:30 p.m.

SELF EXPRESSION THROUGH ART

Let the artist inside each of you come out to play. Express images hidden within, using paints, colored pencils, markers or other without judgment or criticism. Just enjoy! Instructor: Joan McCann

Cost: \$1.00

Fridays, January 7, 14, 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25 3:00-4:30 p.m.

ADULT ACTIVITIES

PEOPLE IN RECOVERY (PIR)

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals recovering from drug and alcohol addictions. Leader: Connie Hegey.



NEW YEAR'S DANCE

We will play your favorite tunes and provide refreshments for sale. Speaker's meeting will take place at 7:00 p.m. This dance is co-sponsored by CRASH Golden Hill House I. See you at the War Memorial Building. Cost: \$3.00 advance/\$5.00 at the door Friday, January 14 7:00 p.m.-11:00 p.m.



PIR STAFF TRAINING

Learn tools to aid you and your clients in self-expression, enhance self-confidence, deal with emotions, and improve self-image. Wear your play clothes and tennis shoes. Lunch will be provided. Meet at the War Memorial Building. Sign up soon as space is limited. Cost: \$10.00 Wednesday, January 19 8:00 a.m.-2:00 p.m.

RECOVERY GAMES SPAGHETTI DINNER FUNDRAISER

All proceeds benefit the Recovery Games of San Diego County Inc. Come socialize, bid on auction items, and see a presentation of past Recovery Games events. Auction starts at 6:00 p.m., dinner begins at 7:00 p.m. See you at the War Memorial Building.

Cost: Adults \$10.00

Children 11 years and under \$7:00

Friday, January 28 6:00 P.m.-9:00 p.m.



VALENTINE'S DANCE



Meet new friends at the annual Valentine's dance for people in recovery at War Memorial Building.

There will be a speaker's meeting prior to the dance. Refreshments will be available for sale. This dance is co-sponsored by the Alumni of Amigos Sobrios. Cost: \$3.00/advance; \$5.00/at door Friday, February 11 7:00 p.m.-1:00 p.m.

DANCE

Join Freedom House and Therapeutic Recreation Services at the War Memorial Building for a dance. Speakers meeting 7 to 8 p.m. Call Freedom House, (619) 954-3266, to purchase tickets. Refreshments will be sold.

Cost: \$3.00 in advance/\$5.00 at the door.

Friday, February 25 Dance: 8:00-11:00 p.m.

RECOVERY GAMES



Table Tennis

Balboa Park Activity Center

Cost: Free

Saturday, February 26

9:00 a.m.-1:00 p.m.

Horseshoes

Balboa Park Horseshoe Club

Cost: Free

Sunday, March 6

9:00 a.m. to 5:00 p.m.



Basketball

Balboa Park Municipal Gym

Cost: Free

Saturday, March 26

9:00 a.m.-3:00 p.m.

Call Connie for more information at (619) 525-8247



GULLS GAME

Show your support for Therapeutic Recreation Services by attending our 1st annual Gulls Night fundraiser

See Page 10 for details

ADAPTIVE SPORTS ACTIVITIES

ADAPTIVE SPORTS

Adaptive sports programs (designed for persons with physical disabilities, ages 5 through adult) promote health and fitness by working on increasing cardiovascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in both recreational and competitive environments
Leader: Scott Krause



15th ANNUAL BIG BEAR SKI TRIP

JANUARY 28, 2005
5:00 a.m. – 8:00 p.m.

NOTE: The spots for adaptive lessons are full but there is still plenty of space for independent skiers.

Calling all beginner, intermediate, and advanced skiers, ages 8-adult! Whatever your level, we can accommodate you! For \$65.00 you will receive transportation to and from Big Bear, lift ticket, lessons, and equipment. Space is limited and will fill up fast, so sign up early! Partial scholarships are available if you qualify.

Leader: Scott Krause

HAMMER BIG BEAR SKI TRIPS

MONDAY, MARCH 7

WEDNESDAY, MARCH 16

These trips are for members of the Hammer Wheelchair Sports Teams. Our friends from United States Adaptive Recreation Center will provide 1:1 instruction and adaptive equipment. No matter what your level may be, you can ski! Cost is \$65.00 (partial scholarships are available for those who demonstrate a need). Bring money for lunch/or a sack lunch and a sack dinner for the ride home. **Transportation is *not* included, so we are looking for people to carpool.**

Leader: Scott Krause

5:30 a.m.-8:00 p.m.

HANDCYCLING

Join us as we pedal our way through some of San Diego's most beautiful bike trails. Handcycling is a great way to meet people, enjoy fresh air and sunshine, while building strength and endurance. This program is geared for children 8 years to adult, with a physical disability. Cost is \$20.00, covers equipment rental, maintenance, and 6 sessions. Program is free if you have your own handcycle. Call our office for locations and which session you'd like to sign up for. **If you are new to the Handcycle program, you must schedule an appointment for an assessment on Thursday, January 20 between 6:00 and 8:00 p.m.**

Saturdays, Jan. 29, Feb., 12, 19, 26, Mar. 12, 19
(Group I, 8:00-9:30 a.m.; Group II, 9:30-11 a.m.)

Leader: Scott Krause

HAMMER PROGRAM



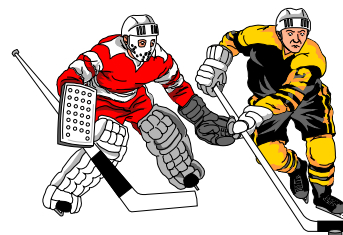
San Diego Hammer program is looking for energetic athletes to play wheelchair sports (basketball, soccer, football). No matter what your level, we have a team that is right for you. Each new athlete is assessed to determine the best team to fit your physical, cognitive and social needs. Athletes are assigned to a team based on their abilities and the goals of the team. Scholarships are available for those athletes and families who demonstrate a need. Practices are held at Municipal Gymnasium, located in Balboa Park at 2111 West Pan American Road, San Diego, CA 92101.
Leader: Marla Knox

Call for practice dates and times.

Cost: \$40.00

GULLS GAME

Show your support for Therapeutic Recreation Services by attending our 1st annual Gulls Night fundraiser



See Page 10 for details.



Therapeutic Recreation Volunteer News



ATTENTION ALL VOLUNTEERS

YOU are invited to attend a volunteer training on your most favorite subject-**US!** If you have ever wondered about the “Big Picture” at TRS, now is your chance to learn about the populations we serve and programs we provide through a short 5-10 minute presentation by each TRS Recreation Specialist. You will have the opportunity to ask question and share your experiences with staff and other volunteers. Who knows, maybe you will discover a new interest? Please join us on **Wednesday, January 19, from 5:30-8:30 p.m.** We will provide pizza, salad, drinks, dessert AND there will door prizes as well. Guests are welcomed. **Please RSVP by January 14th** at (619) 525-8247. We look forward to getting together with you!

WELCOME TO OUR NEWEST VOLUNTEERS

Bill Dowling, Chris Schleich, Vicky Mena, Angelina Green, Rick Teel, Gina Maggio
Kristen Nilsen, Mark Hulslander, Harry Wilson and Military students with FLEASW,
USCD Circle K, Westview High School Key Club

Special thank you to Pathfinders and MADCAPS for their outstanding volunteer service.



HAPPY BIRTHDAY TO OUR VOLUNTEERS

WHO HAVE JANUARY, FEBRUARY AND MARCH BIRTHDAYS

Yvonne Lenz, Lin Taylor, Mickey Macias, Saul Goldstein, Sara Cantor, Jim Baross, Katie Malinak, Julie Parrish, Samuel Eberle, Mary Thompson, Isaac Whiting, Deborah Broide, Justin Bernard, Sheila Brogan, Patricia Robinson, Palmer Hughes, Cathie Williams, Steve Hon, Vicky Mena and Jessica Aceves.



The City of San Diego requires all volunteers to be fingerprinted prior to working with minors. If you have not been fingerprinted with the City’s live scan machine (the process is very easy), contact Rose Caldwell at (619) 236-7756 for instructions on how to be fingerprinted; this is a **MANDATORY** process at no charge to you.

2005 WINTER VOLUNTEER NEEDS

All Tandem	1/8; 2/5; 3/12	10:00 a.m.-1:30 p.m. Locations vary
Teen Club	1/14; 1/28; 2/25; 3/5; 3/18	Times and locations vary
Bowling	1/8; 2/5; 2/19; 3/12; 3/19	12-3 p.m. Kearny Mesa Bowl
T/F	1/9; 1/23; 2/6; 2/20; 4/3	Times and locations vary
Tot/Fun Camp	3/21-3/25	8:30 a.m.-4:30 p.m. Tierrasanta Recreation Center
Action Seekers	1/7; 1/21; 2/4; 2/18; 3/4; 3/18	5-9 p.m. Clairemont & Mt Carmel
Handcycle	1/29, 2/12; 2/19; 2/26; 3/12; 3/19	8-11 a.m. Locations vary
Valentine Dance	2/12	5-11 p.m. War Memorial Bldg.



Help us sell tickets to the March 5th Gulls game, it is one of our fundraisers. Please call our office for more information on how to buy or sell tickets to this worthwhile event.

To register for any of the above activities, fingerprint information or if you know of anyone interested in volunteering, contact Rose Caldwell, at (619) 236-7756 or e-mail at prdsp@sandiego.gov. attention: Rose. Thank you!



Park & Recreation Department
Therapeutic Recreation Services
War Memorial Building, Balboa Park
3325 Zoo Drive
San Diego, CA 92101

Return Service Requested



“We enrich lives through quality parks and programs”

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240

The information in this calendar is available in alternative formats upon request.